Machine Settings for Sewing Knit Fabrics

TYPE OF FABRIC	BEST USES	NEEDLE	TENSION	PRESSER FOOT PRESSURE/ WALKING FOOT	SEAM TYPE
Lightweight knits (eg. silk or viscose jersey)	Draped tops / dresses / skirts	Ballpoint size 70	2.5	Lessen presser foot pressure if fabric is stretched or use walking foot.	Overlock or narrow overlock with overcasting foot.
T-shirt weight knits (eg. cotton jersey with or without elastane)	Fitted styles / boxy shapes – not great for draped styles	Ballpoint size 80	3	Lessen presser foot pressure if fabric is stretched or use walking foot.	Overlock or stretch straight stitch for seams that need to be pressed open to reduce bulk.
Medium weight knits (eg. interlock, lightweight sweatshirt, some cut & sew knits)	Jumpers / sweatshirts / long sleeved tops / kids' clothes / sweatpants	Ballpoint size 90	4	May need to lessen presser foot pressure or use walking foot if top layer of fabric is being pushed out of alignment.	Overlock or stretch straight stitch if seam allowances don't unravel.
Heavy weight knits (eg. brushed back sweatshirt / French Terry, good quality ponte roma, boiled wools)	Boxy shapes, dresses / sweatshirts / cardigans / outerwear / sweatpants	Regular needle, size 90	5	May need to lessen presser foot pressure or use walking foot if top layer of fabric is being pushed out of alignment.	Stretch straight stitch if seam allowances don't unravel will be best to reduce bulk. If you're a neat freak you can always zigzag the seam allowances for a more "finished" look!